

Dual Career Newsletter

JANUARY 2025

INTERNATIONAL STAFF MOBILITY



UPCOMING EVENTS

Personality Tests and Job Interviews

13 January 9:00—12:30

[Free—sign up here!](#)

Guided tour of the Royal Danish Opera House in Copenhagen

26 January 10:45—12:30

[Free—sign up here!](#)

Welcome

- Gabriella Petra Juhász
Hungary
- Gabrielle Trembl
Brazil
- Isabelle Faggianelli-Conrozier
France
- Maurine Gikonyo
Kenya
- Nanting Ma
China
- Sean Lloyd Rossouw
South Africa

Dear Members of the Dual Career ~ Spouse Network

Happy New Year!

The winter in Copenhagen can be cold and long. But during these long winter days, it is also time to reflect back on 2024 and be proud of everything you have been through and accomplished in the past year. We hope that you had a great New Years and will continue in the Dual Career community in 2025.

As you may know, we welcomed two new student assistants by the end of 2024. Unfortunately we said goodbye to Silke Karina Igel who has now finished her studies in Communication and IT and is off to seize the world. The Dual Career Team's two new student assistants is named Celia Krüger-Larsen and Joakim Grum Jakobsen —you may have seen them already. You can read more about them on the following pages.

You can also enjoy our spouse spotlight

written in last in the newsletter, where Fernanda Soares dos Santos shares her success story.

You will probably see both Celia and Joakim around at the events, workshops and job cafes. Speaking of events, make sure to join our [Facebook group](#) where we will be updating and promoting all the upcoming events and workshops.

This spring, International Staff Mobility offers a series of popular, unique, and interactive onsite workshops and events, you can read more about it by clicking [this link](#), which leads you to our International Staff Mobility web page.

Kind regards,

Mary K. Kobia & Celia Ehm Krüger-Larsen

[ISM Dual Career Team – University of Copenhagen](#)

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One kind word can warm three winter months.

— *Japanese proverb*

Spotlight: Joakim Grum Jakobsen



From: [Odense](#)

HR Student Assistant

[International Staff Mobility](#)

[University of Copenhagen](#)

Mail: tds779@adm.ku.dk

Why did you apply for the job of student assistant at ISM?

I used to work at another department at UCPH, but I was looking for a new challenge with more creative tasks. I was very drawn by the opportunity to work with an international perspective as I have chosen an international direction at both my ["efterskole"](#) (boarding school, but not really) and [gymnasium](#) (high school, but not really) in the past.

What intrigues you the most about this job?

It feels meaningful to be able to help people during challenging times. My uncle was hired at

UCPH and moved with my aunt and cousins to Denmark from abroad before there was something called ISM, so I became aware of some of the struggles regarding the transition.

What are you studying and how does it relate to your job in Dual Career at ISM?

I'm currently finishing my bachelor's degree in psychology at UCPH. A common cliché is that wherever people are involved, psychology is involved but there is quite some truth to it. I imagine that the mental load must be quite profound when moving to and settling in a new country, so if you ever feel the need to chat or vent about any challenges, feel free to reach out!

What is your favourite Danish spot/place/activity?

I'm very fond of sports and music and attending games or concerts is my favourite activity. I don't currently do any sports, but I like jogging in the various [parks in Copenhagen](#)—Ørstedsparken is my go-to spot. My weekends often include a visit to a brown

pub (dive bar) with friends. Nightlife in Copenhagen can also be a good place to meet new people, as Danes often are in need of some alcohol to let their guards down and be more approachable. I also feel obligated to recommend the city of Odense—me and H.C. Andersen's common birthplace. I have friends and family there, so I spend quite some time going back and forth.

If you should give one piece of advice to an international newcomer coming to Denmark for the first time?

Switch out your ABC's with ÆØÅ's! Even though Copenhagen is a capital, a lot of communication is in Danish, so it will make life much easier if you just have a basic understanding of the language. Most Danes appreciate when foreigners try to speak Danish—even just a few words. That could be the case because Scandinavians are usually the only ones who understand us, so we are often pleasantly surprised when others take on our weird language. If you don't know where to start or are curious about how we can help with your language acquisition, feel free to contact us at interstaff@adm.ku.dk.

Spotlight: Celia Ehm Krüger-Larsen



From: [Dragør](#)

HR Student Assistant

[International Staff Mobility](#)

[University of Copenhagen](#)

Mail: lrd515@adm.ku.dk

Why did you apply for the job of student assistant at ISM?

I applied for the job because of my general interest in international HR and communications. I also wanted to pursue a role that is relevant to my studies in Pedagogy.

In my past, I have worked in fields involving children, and now I want to work in a different international environment.

What intrigues you the most about this job?

I am intrigued by the opportunity to be part of a

diverse and intelligent team. I expect to learn many new things and hope to gain valuable work experience.

What are you studying and how does it relate to your job in Dual Career at ISM?

I am currently working toward my Bachelor's degree in Pedagogy at the University of Copenhagen.

My study cover topics such as "Life long learning", "New Public Management", communication, psychology, sociology, and much more. I believe these subjects are highly relevant to my role as a student assistant at ISM.

Children, schools, and institutions is also apart of my studies, and I find them fascinating. I would love to guide international newcomers in these areas.

What is your favourite Danish spot/place/activity?

My favourite Danish activity is "[Distortion](#)", a five-day street festival in Copenhagen during late spring/early summer. The streets are closed to cars and filled with bars, DJs, and food stands.

My favourite place is my hometown, [Dragør](#). I love its coastal location with a charming harbour and beach, and the cozy atmosphere during Christmas with the market and tree in the square. I also cherish it because my entire family still lives there because I am very close to my family.

Could you give one piece of advice to an international newcomer coming to Denmark for the first time?

It's hard to give just one piece of advice, as relocating to a new country is mush adaption—something I truly admire about newcomers.

If I had to give one piece of advice, it would be to embrace cycling. Denmark is one of the most bike-friendly countries in the world, and having a bike here can make life more convenient, healthy, and environmentally friendly. If cycling seems intimidating, you can visit a "[Trafiklegeplads](#)" to practice the [Danish traffic rules](#) in a safe, learning-friendly environment. It is also a great place to bring kids!

Spotlight: IDCN has been a game-changer!



Fernanda Soares dos Santos

From: Brazil

Rewards Consultant at

[FLSmidth](#)

How long did it take for you to find a job in DK?

I received the job offer exactly six months after arriving in Denmark.

What has been most challenging about your job search?

The biggest challenge for me was adjusting my expectations about how long it would take to find a job. Back home, I had never spent a single day without work, nor had I ever needed to apply for multiple positions or attend many interviews. I had a strong network, and opportunities naturally came to me, which I had taken for

granted. When I arrived here, I had no knowledge of the job market, the Danish HR field, or where to network. Building this from scratch was challenging, but also a rewarding experience.

What is your best advice to someone who is not living in DK, but looking for a job there?

Keep going. The journey is full of ups and downs, and you won't always feel motivated, but showing up is key. Attend career fairs, job-seeking workshops, coffee meetings, networking events—any event you can. Try to meet new people, even if you're not the most social or extroverted person and share your goals with your network. The more people you know, the more ambassadors you'll have. Connect with others in the same situation and support each other. These partnerships are invaluable, and you might even make lifelong friends.

How has IDCN helped you?

At [International Dual Career Network \(IDCN\)](#), I had the opportunity to gain my first experience working in an

international environment, alongside spouses from various parts of the world and diverse cultures. This experience greatly enhanced my communication skills and boosted my confidence in interviews. It also allowed me to give back a little of what I had to offer.

What surprised you the most about the Danish job interview?

What surprised me the most was that, despite the interviews being quite informal, they were also highly structured and fast-paced. I had to learn how to present myself as a whole and be pragmatic at the same time. Most of the interviews I participated in were competency-based, so I had to think of examples from past experiences and demonstrate the competencies required for the role, while also showcasing my personality and soft skills.

What is your best advice to someone going for a job interview?

Be prepared, but don't overthink it. It's important to understand your strengths, why you're a good fit for the role, your motivation, and the experiences that demonstrate your skills and

capabilities. However, more than that, it's crucial to be yourself and confidently showcase your personality. It's not just about landing the job, it's about finding the right fit for both you and the company, and building a long-term, successful relationship.

What kept you going – your motivation, when things didn't always turn out the way you expected?

Expressing my emotions and sharing how I felt was essential for me. Mixed feelings like moving to a new place, working hard to adapt to a new environment, setting up a home, and being far from friends and family—while also living the dream of being in an amazing new country, was all essential to how I felt. Talking to my husband, family, friends, and the career mentor I met here was crucial for maintaining my sanity. Focusing on the good experiences and prioritizing my well-being through exercise and exploring the city also helped keep my spirits up.

What are you most excited about doing in your new job?

I'm really excited about working in a different language and learning about the Rewards field in a new country. Expanding my experience in different areas and working

with people from various nationalities is a fantastic opportunity. I'm truly grateful for the chance to grow, learn, and immerse myself in the local work culture, while collaborating globally with teams from around the world.

Reflecting back on your job seeking process and experiences in DK, what advice do you have to give to other spouses?

Follow up on your connections after interviews and networking events. Stay in touch, collaborate, and add value wherever possible. Networking is a long-term investment and a continuous, two-way street. It's essential to nurture your relationships and be genuinely interested in others.



ABOUT IDCN

[IDCN Copenhagen](#) was founded by the University of Copenhagen in March 2016. Four other organisations joined the initial IDCN Copenhagen Steering Committee: DTU - Technical University of Denmark, Mærsk, Novo Nordisk and Vestas. These companies recognised that international staff are more likely to stay long term when their partners and families become a valued part of the community. For most spouses this means finding gainful employment. We estimate that there are 10,000 unemployed spouses in the Copenhagen region. IDCN Copenhagen has grown rapidly and we now have 22 Corporate Members. Our members are very diverse in what they do, which is great news for our partner members.

The IDCN network is active all around the world!

IDCN LinkedIn: <https://www.linkedin.com/showcase/idcn-copenhagen/posts/?feedView=all>

